



REDHAWKS DINER

NEMO VISTA SCHOOLS

DECEMBER 10TH – 14TH



BREAKFAST is served with 100% Fruit Juice, Skim or 1% Milk.

Monday	Tuesday	Wednesday	Thursday	Friday
#1 Sausage Roll Or #2 Cereal Graham Crackers	#1 Breakfast bar Or #2 Cereal Graham Crackers	#1 Breakfast Pizza Or #2 Cereal Graham Crackers	#1 Pancakes w/syrup Baked Ham Or #2 Cereal Graham Crackers	#1 Sausage Biscuit Or #2 Cereal Graham Crackers

Lunch is served with Skim or 1% Milk

Monday	Tuesday	Wednesday	Thursday	Friday
#1 Chicken Fried Chicken w/ gravy Creamy Mashed Potatoes Mixed vegetables Whole wheat roll Pineapple tidbits	#1 Cheese burger Lettuce/Tomato/Pickle/ Onion Potato wedges Broccoli w/ cheese fresh fruit	#1 Taco Salad Lettuce/Tomatoes Refried Beans Fresh Salsa Mixed Fruit	#1 Hot Dog w/ chili Baked Beans French Fries Carrots w/ranch Fresh Fruit	#1 Pepperoni pizza Stick Tossed Salad/Ranch Seasoned Corn Diced Peaches

All entrée salads are offered with fruit.

All grains are whole grain rich.

Menu is subject to change due to availability.

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